

Sheppard Air Force Base

"Integrity First, Service Before Self, and Excellence in All We Do"

April 2018

Community Board



Brig. Gen. Ronald E. Jolly Sr. - Commander

Col. Scott Belanger - Vice Commander

82 TRW



Community Board



Effective 4 April 2018, hours for the entry control points (ECPs) are as follows:

- Main Gate - Open 24 hours per day, 7 days per week.**
- Missile Rd Gate/Commercial Vehicle Search Area - Open Monday thru Friday, 0600-1630. CLOSED weekends, Holidays and Down Days. Commercial access and deliveries outside normal operations will contact BDOC for inspection and entry as required.**
- Visitor Control Center - Open Monday thru Friday, 0600-1630. CLOSED weekends, Holidays and Down Days.**
- Hospital Gate - CLOSED**

In addition, every person must have situational awareness when inspecting mail, deliveries, personnel and packages for any signs of suspicious activity. All base personnel have an inherent obligation to participate in installation defense, which means if you "see something, say something." We ask that you please be patient with these new changes and plan accordingly. Please direct any policy questions to the Security Forces Operations Staff at 676-1891 and please report any suspicious activities or security concerns to BDOC at extensions 676-2981 or 676-2982.



Spring Wingman Day (WGD)

1 of 2 half day Wingman Days events per CY



1 April 2018 - 31 May 2018.



MENTAL

Awareness
Adaptability
Decision Making
Positive Thinking



SOCIAL

Communication
Connectedness
Social Support
Teamwork



The Focus During Your Spring Activities:
Comprehensive Airman Fitness
"Mental and Social Fitness" Domain and Tenets

Mandatory for Active Duty Service members
All others and family members are encouraged to attend.

Unit-level guidance focused on small group
activities and team building exercises

Be Creative and Have Fun!

**Participant Feedback is used to improve
future wingman day events and is highly
encouraged**



Spring Wingman Day (WGD)

1 of 2 half day Wingman Days events per CY



DEPARTMENT OF THE AIR FORCE AIR EDUCATION AND TRAINING COMMAND

MEMORANDUM FOR ALL SHEPPARD AFB PERSONNEL

MAR 0 1 2018

FROM: 82 TRW/CC
419 G Avenue Suite 1
Sheppard AFB TX 76311-2941

SUBJECT: 2018 Wingman Day Schedule

1. In accordance with Air Force Instruction 90-506, Comprehensive Airman Fitness (CAF), 2 April 14, units are required to conduct a minimum of two half day Wingman Days events per calendar year; one during the Spring and the other during the Fall time frame. To meet the Spring requirement, each Commander/Director must select a half-day between 1 April 2018 – 31 May 2018. To meet the Fall 2018 requirement, each Commander/Director must select a half-day between 17 September 18 and 30 November 18.

2. Together, our goal is to build and sustain a thriving and resilient Air Force Community by becoming more mentally, physically, socially, and spiritually fit. Placing emphasis on creating comprehensively fit Airmen will result in a resilient workforce – one that can grow when faced with every day challenges. It is your responsibility to ensure Wingman Days are effective and highlight themes that can be reinforced not just once, but throughout the year.

3. For your selected Wingman Days, consider incorporating Resilience Skills Training with a focus on the "Mental and Social Fitness" domain of CAF during your Spring activities and with emphasis on the Physical and Spiritual fitness CAF domains during the Fall. We also ask that as you are working to build a resilient community you include discussions on the importance of professionalism and utilize tools provided by the Profession of Arms Center of Excellence as well as Lt Gen Steven L. Kwast, Air Education and Training Command Commander's Intent Facebook messages to positively influence our Culture of Airmen. In addition, to gain a better understanding of the 11 crucial skills every Airman should strive to embody, all members should also review the short overviews listed on <http://wingmanonline.org/Training/11Skills>. You can connect to these and other skills through The Air Force Medical Services (AFMS) Mobile Application "AF leaders."

4. Lastly, the attached Wingman Day CONOPS provides unit-level guidance focused on small group activities and team building exercises. Your Community Support Coordinator (CSC) is Ms. Sheri Ward at 676-5413, the Installation's POC for Wingman Day. Please do not hesitate to contact her with further questions or for additional resources to assist unit leadership with implementation.

Digitally signed by
JOLLY, RONALD E. SR. 11494373
.SR.1149437378
Date: 2018.03.01 08:59:29
-0600

RONALD E. JOLLY, SR.
Brigadier General, USAF
Commander, 82d Training Wing



Spring 2018 Wingman Day Feedback

GROUP:

UNIT:

DATE:

Domain and skill covered:

- Summarize what your unit **liked** about Wingman Day. _____

- Summarize what your unit **did not like** about Wingman Day. _____

- What topics/themes would you like to see added to the list of training materials provided? _____

- AVERAGE** the responses to the objectives from all surveys received from your personnel for the Fall 2017 Wingman Day (this is a numeric response per scale below):
 - Event reinforced the Wingman concept.
1 - Strongly Disagree; 2 - Disagree; 3 - Neutral; 4 - Agree; 5 - Strongly Agree
 - Wingman Day assists with the development of resilient Airmen.
1 - Strongly Disagree; 2 - Disagree; 3 - Neutral; 4 - Agree; 5 - Strongly Agree
 - Focuses on unit wellness/cohesion.
1 - Strongly Disagree; 2 - Disagree; 3 - Neutral; 4 - Agree; 5 - Strongly Agree
 - The central message, concepts and themes Wingman Day are woven into my unit's culture.
1 - Strongly Disagree; 2 - Disagree; 3 - Neutral; 4 - Agree; 5 - Strongly Agree
 - I understand how to use the Better "You"-niversity program to strengthen my personal wellbeing.
1 - Strongly Disagree; 2 - Disagree; 3 - Neutral; 4 - Agree; 5 - Strongly Agree
 - I understand how to use the CAF Domains to strengthen my personal wellbeing.
a. 1 - Strongly Disagree; 2 - Disagree; 3 - Neutral; 4 - Agree; 5 - Strongly Agree
- Additional comments** _____

Forward completed response to Unit MRT.

MRT forward to 82TRW/CVB, Community Support Coordinator Mrs. Sheri Ward 676-5413



Enhancing You



- Better “You”-niversity provides everyone an opportunity to learn more at your pace. It utilizes Appointment Plus for scheduling and tracking progress
- Appointment Plus is a user-friendly server that doesn’t require a DOD CAC enabled computer for login
- Access Appointment Plus through the Sheppard AFB home page or by following the links below



**Better
“You”
-niversity**

<http://www.sheppard.af.mil/>

<https://booknow.appointment-plus.com/6sr7p3mm/>

**MSgt Brion Kennedy 365 TRS/TTF 676-3466 or MSgt Brandon McCurdy 365 TRS/TTFB 736-1701
Ms. SHERI WARD, 82 TRW/CVB <sheri.ward@us.af.mil>**

Target audience includes all Active Duty Services, Reservists, Guard, Civilians and Spouses/Dependents



Community Board

FEW(RRS)



What is FEW?

Federally Employed Women (**FEW**) works for the advancement of women in Federal Government.

MISSION:

Is to end sex and gender discrimination, to encourage diversity for inclusion and equality in the workplace, and for the advancement and professional growth of women in federal service.

FEW's FOUR FOCUS Areas:

Compliance – Diversity – Legislation - Training

Few offers member many opportunities including:

- Training/Webinars
- Leadership Experience
- Mentoring



- Scholarships
- Legislative Advocacy
- Job Bank Access

For More information visit

www.few.org

Your Local Chapter is the Red River Stars (**RRS**)



Better “U”niversity

STATUS LEVELS TO GRADUATE



THREE TIER LEVELS FOR RECOGNITION COMPREHENSIVE AIRMAN FITNESS (CAF)



STATUS LEVELS TO GRADUATE
Active Duty, DoD Civilian & Family Members

WINGMAN: Squadron recognition
10 credit hours, Two domains minimum

LEADER: Group recognition
15 Credit hours, Three domains 3 Credit hours each Domain

WARRIOR: Wing recognition
20 credit hours, Four domains, 5 Credit hours each Domain

1 Class = Credit hour

Domains of resiliency are as follows:

Physical (P), Mental (M), Social (S), and Spiritual (Sp)





Wellness = Resiliency Balancing Your Skills



Comprehensive Airman Fitness (CAF)



MENTAL

Awareness
Decision-Making
Adaptability
Positive Thinking



PHYSICAL

Nutrition
Endurance
Strength
Recovery



SOCIAL

Communication
Connectedness
Social Support
Teamwork



SPIRITUAL

Core Values
Perseverance
Perspective
Purpose

The ability to withstand, recover and/or grow in the face of changing demands

Take course on Better "U"niversity or sign up for the next RTA training



Community Board

80th FLYING TRAINING WING

Strengthen Partnerships; Train NATO Fighter Pilots



Euro-NATO Joint Jet Pilot Training Program (ENJJPT)
Steering Committee # 75
5 – 9 Mar 2018

www.facebook.com/80thflyingtrainingwing

[www.facebook.com/EuroNATOJointJetPilotTraining\(ENJJPT\)](http://www.facebook.com/EuroNATOJointJetPilotTraining(ENJJPT))

www.flickr.com/sheppardafbpublicaffairs

www.youtube.com/ExperienceENJJPT (Class 14-06 year in review)



Community Board



82D FORCE SUPPORT SQUADRON

Maj. Terra Verbik



- ☐ 82FSS.COM
- ☐ INSTAGRAM
- ☐ FLICKER
- ☐ ICE

Arts & Crafts...Airman's
Club...Bowling...Fitness
Centers...Outdoor
Recreation...Sheppard
Club...Youth Centers...And More!



- ☐ RETWEET!
- ☐ @SHEPPARDFSS



- ☐ LIKE US!
- ☐ SHEPPARD AFB – FORCE
SUPPORT SQUADRON



Community Board

82D FORCE SUPPORT SQUADRON

Maj. Terra Verbik

Sit tall in the saddle at
Whispers of Hope Horse Farm

7 APR 12:30PM-4:00PM \$25 EACH

Register by March 23 at Outdoor Recreation, Bldg. 4490 • 940-676-4141

This trip provides a unique opportunity for individuals to learn how to ride a horse beginning with mounting the horse, establishing balancing and controlling the reins. Price includes riding fees, round trip transportation and complimentary drinks. One person per saddle. Ages 6 and up.

Outdoor Recreation Bldg 4490

Outdoor Recreation

MONTH OF THE MILITARY CHILD FREE BOWLING

PARENTS NIGHTOUT

FAMILY BINGO NIGHT

GIVE PARENTS A BREAK

HEAR OUR VOICES! SEE OUR ACTIONS!

Youth Activities

Cocktails & Canvas

FAMILY EARTH DAY PROJECT

CERAMIC PAINTING

TOPGOLF

SPEEDZONE

Bldg. 430

HWY 287 Wine Tour

April 14

Depart ODR at 11am • Return by 6pm

Old Cellars

Brandy Creek Vineyards

Marker Cellars Family Winery

\$40 per person



Community Board

82D FORCE SUPPORT SQUADRON

Maj. Terra Verbik





Community Board

82D FORCE SUPPORT SQUADRON

Maj. Terra Verbik

MIKE SUPER

MAGIC!!

MIKE SUPER
MAGIC & ILLUSION

SUN MAY 6 | **BASE THEATER**
5:00 PM

FREE EVENT OPEN TO ALL ID CARD HOLDERS
FOR MORE INFORMATION CALL 940-676-6152
www.82FSS.com
PRESENTED BY AIR FORCE SERVICES ACTIVITY

THE STAGE

BASE THEATER

1700



Community Board

82D FORCE SUPPORT SQUADRON

Maj. Terra Verbik



**MAY IS...
CUSTOMER APPRECIATION
MONTH!**

FSS *Smile* DAYS 1-31 MAY 2018

SMILE IS A CUSTOMER APPRECIATION PROGRAM
WITH HUNDREDS OF OPPORTUNITIES TO BE REWARDED.

JUST VISIT YOUR FAVORITE FORCE SUPPORT SQUADRON
ACTIVITIES AND WE'LL SHOW YOU OUR APPRECIATION!

CINCO DE MAYO FIRST FRIDAY • 4 MAY • SHEPPARD CLUB
MIKE SUPER MAGICIAN & ILLUSIONIST • 6 MAY • BASE THEATER
MOJITO FEST • 9 MAY • SHEPPARD CLUB
SHEPPARD ROCKFEST • 11 MAY • TOWN CENTER
MOMMY & ME TEA PARTY • 12 MAY • BLDG. 430
KIDS COLOR RUN • 19 MAY • YOUTH CENTER
BASE POOLS OPEN • 25 MAY • OUTDOOR RECREATION
KIDS BOWL FREE • 14 MAY - 31 AUGUST • BOWLING CENTERS
MAY FITNESS MONTH • 1 - 31 MAY • FITNESS CENTERS

FORCE SUPPORT SQUADRON
CLUBS
BOWLING
CC community center
CYP Child and Youth Programs
Fitness & Sports





Community Board

AIRMAN & FAMILY READINESS CENTER

Mrs. Michelle Schroeder



Airman & Family Readiness Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Easter</i> 	2 <i>Autism Awareness</i> 	3 <i>Boots to Business /</i> <i>0900-1630</i>	4 <i>Boots to Business /</i> <i>0900-1630</i> <i>01-02 Financial</i> <i>Briefing / 0900-1100</i>	5	6	7
8	9 <i>Sheppard START /</i> <i>0800-1200 /</i> <i>Solid Rock Café</i>	10 <i>Bundles for Babies /</i> <i>0830-1130</i> <i>Smooth Move /</i> <i>0900-1000</i>	11	12 <i>Initial Key Spouse</i> <i>Trng / 0830-1330</i>	13	14
15	16	17 	18	19	20	21
	<i>TAP Workshop April 16-20</i>					
22	23 <i>USAJobs Workshop /</i> <i>1300-1400</i>	24	25 <i>Administrative</i> <i>Professionals Day</i> 	26	27	28
29	30 <i>Parents & Tot's</i> <i>Adventure Time &</i> <i>Craft / 1000-1100</i>	31	<i>709 9th Ave</i> <i>Bldg 960</i> <i>Sheppard AFB</i> <i>940-676-4358</i>	<i>A&FRC Playroom</i> <i>is open</i> <i>Mon-Thur</i> <i>0730-1700</i> <i>Fri 0900-1630</i>	<i>Study Skills & Test</i> <i>Taking EVERY</i> <i>Tuesday @ 0800</i> <i>Tuesday @ 1530</i> <i>Thursday @ 1530</i> <i>Call 676-4358</i>	<i>Need to talk to</i> <i>someone? The</i> <i>MFLC is available</i> <i>by calling</i> <i>940-781-6531</i>



Chapel Consolidated Base Holy Day Observances - Spring 2018



CATHOLIC

Easter Sunday of the Resurrection of the Lord Mass
1 April, 0900 at the Chapel

PROTESTANT

Easter "SON-rise" Service
1 April, 0645 at the SRC
FREE Continental Breakfast following

Easter Sunday
1 April, 1100 at the SRC -
Contemporary Worship Service
FREE FELLOWSHIP MEAL after service

1 April, 1100 at the Chapel - Gospel Worship Service

OPEN TO EVERYONE
Messianic Jewish Passover Seder
30 March, 1730-2130 at SRC Kitchen
Non-refundable Fee: \$10 Adults
\$5 Children

LIMITED SEATING
RSVP required by 15 Mar to Ms. Margie Garza-Gaitan (676-4463 or margie.garza-gaitan.ctr@us.af.mil)

LATTER-DAY SAINTS

General Conference
1-2 April, 1000-2100 at the SDC

JEWISH

Passover Service
2 April, 1700 at the SRC

SEVENTH-DAY ADVENTIST

Easter Service
1 April, 1030 at the Chapel

GREEK ORTHODOX

Easter Service
10 April, 1900 at the SRC

WICCAN/PAGAN

Ostara (Spring Equinox observance)
19 April, 1800 at the Chapel Annex

Buildings:

Solid Rock Café/SRC – Bldg 450
Chapel – Bldg 810

For More Info Call: 940.676.0014



PARISH SERVICES



CATHOLIC

Catholic Sunday Mass

Sun: 0900 (Chapel)

Weekday Mass

Mon- Fri: 1130 (Chapel)

PROTESTANT

Contemporary Worship Service

Sun: 1100 (Solid Rock Café)

Gospel Worship Service

Sun: 1100 (Chapel)

LATTER-DAY SAINTS

Sacrament Meeting/Sunday

School

Sun: 1400 (Chapel)

ISLAMIC

Jummah (Friday) Prayer

Service

Fri: 1400 (Solid Rock Café)

Prayer Room

WICCAN/PAGAN

Sheppard Open Circle

Mon: 1800 (Spiritual Dev.
Center)

SGI BUDDHIST SERVICES

2nd Sun of Month

Sun: 1400 (Solid Rock Café)

Prayer Room

JEWISH

Shabbat (1st Friday of Month)

Fri: 1730 (Solid Rock Café)

Prayer Room

CHRISTIAN ORTHODOX

1st/3rd Tuesday of Month

Tues: 1900 (Solid Rock Café)

Prayer Room

SEVENTH DAY ADVENTIST

Sat: 1030 (Chapel)

Buildings:

Solid Rock Café/SRC – Bldg
450

Chapel – Bldg 810

Spiritual Dev. Center- Bldg
4475

For More Info Call: 940.676.0014



Community Board



Our Lady of the Skies Catholic Community

Mass is offered Sundays @ 0900
Daily Mass Monday through Thursday @ 1130
Chapel, Avenue E and 8th Avenue

Sunday Classes for Children and Adults @ 1030
Spiritual Development Center
Avenue J & 1st Avenue
Sheppard Air Force Base

Contact: <mailto:jessica.hartman.2.ctr@us.af.mil>
940-676-7280

facebook @ *Our Lady of the Skies Sheppard AFB
Catholic Community*



Community Board



ARMY & AIR FORCE EXCHANGE SERVICE

Mr. Daniel E. Wise



MONTH OF THE MILITARY CHILD

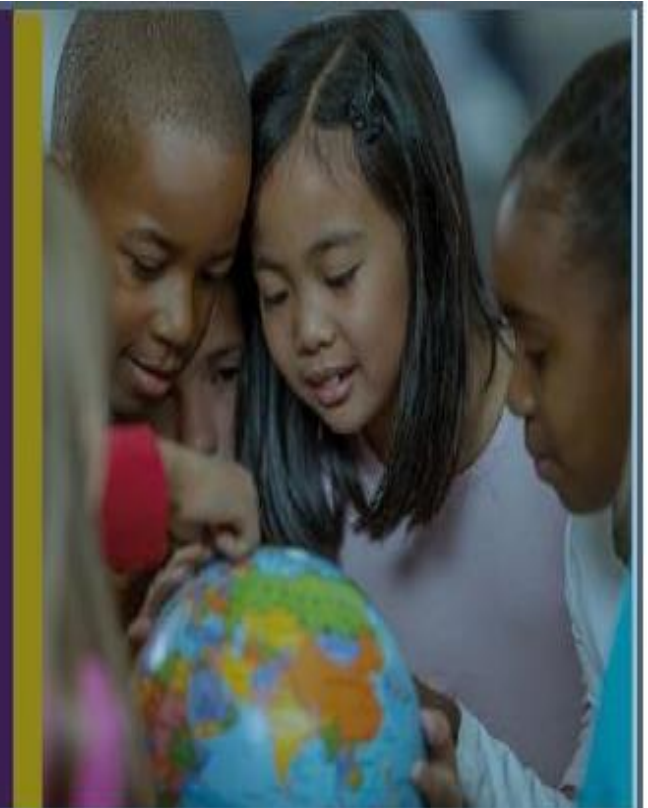
I'M SERVING, TOO.

FOR THE MILITARY CHILD,
HOME IS A STATE OF MIND.

#MCStateofMind

During the month of April, the Exchange® is proud to honor the experience and courage of the Military Child.

Stay tuned to shopmyexchange.com and follow us on social media for information about special events and promotions.





Community Board

DEFENSE COMMISSARY AGENCY

Mr. Vernon Knibbs



Easter – Open 11am-1800

MONTH OF THE MILITARY CHILD
PURPLE UP!

2018 COLORING CONTEST

**ENTRIES WILL BE ACCEPTED BY EMAIL AT DECABRAND@DECA.MIL OR AT
YOUR COMMISSARY'S CUSTOMER SERVICE OFFICE APRIL 1- 30, 2018.**



Community Board



82D MEDICAL GROUP

| Col Kelly-Rank

- **New Pharmacy Services:**

- **Pharmacy Offers Non-Formulary Meds -Patients must follow these guidelines:**

1. Access Sheppard Clinic formulary tool <http://online.lexi.com/lco/action/home>
 2. If med is not listed; access DOD formulary tool <https://www.express-scripts.com/tform/index.html>
 3. Look for required forms needed/completed by your physician:
 - Prior authorization
 - Medically necessity
 4. Forms must be printed/signed by treating physician (most only needed once); may be charged a *non-reimbursable* fee
 5. Bring all forms and prescription to the pharmacy
 6. Medication may need to be ordered
 - 72 hours or longer for med to be received and filled
 7. Patients should call the pharmacy after 72 hours for med availability and pick up
-



Community Board



82D MEDICAL GROUP

| Col Kelly-Rank

New Over-The-Counter Medication Program:

Eligible patients can receive up to three (3) over-the-counter medications per month for:

- Runny Nose
- Cough
- Sore throat
- Mild Headaches/Body Aches



Not eligible: Dependents under the age of 18, those pregnant, patients with fever greater than 100.5 for more than 72 hours, PRP and pilots.

Medications Available: Tylenol; Ibuprofen; Benadryl; Loratadine; Ketotifen Eye Drops; Sudafed; Afrin Nasal Spray; Saline Nasal Spray; Mucinex; Guaifenesin DM; Cepacol



Community Board



82D MEDICAL GROUP

| Col Kelly-Rank

Have you receive a hand written prescription from a downtown provider?

Use the new “drop-off” box located in the atrium just inside the front doors

Complete the form, seal the envelope and drop it in the box:

- Dropped before 1000; med pick up after 1500
- Dropped after 1500; med pick up following day after 1000





82D MEDICAL GROUP

| Col Kelly-Rank

Moving?

Plan Ahead For Prescriptions!



Planning ahead will ensure a smooth transfer of your prescription medications.



Prior to departure, get the longest allowable supply possible of all medications (generally up to 90 days).



Upon arrival, go to the new facility as soon as possible to request a transfer of your medications.



*** Note: Please check availability of the medication at the new pharmacy.**





82D MEDICAL GROUP

| Col Kelly-Rank

Dispose of your unused or expired medications safely!
Look for the bright blue box in the pharmacy waiting area:

- Leave medication in original packing/containers when possible and remove all labels with identifiable information.
- NO liquid containers more than 4 oz and please place in a sealed plastic bag before depositing.
- No sharp containers, needles, syringes, batteries, aerosol spray cans, trash, medical devices, chemicals or other hazardous material





Community Board



82D MEDICAL GROUP

| Col Kelly-Rank

Activate your medication 72 business hours after requesting medication refill...
no need to wait for callback

- Call 676-care (2273) or log into TOL Secure Messaging
- Place your medication refill order request
- Please allow 72 business hours after request
- “Activate” medication at the pharmacy

**Clinical staff will call or email you before the 72 business hours to notify if blood work or an appointment is needed. When ordering via phone please provide the best number to reach you



Step One



Step Two



Step Three



Community Board

82 MDOS/FAMILY ADVOCACY

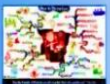
Ms. Tiffany Esparza, FAOM



Story Time at the Commons: Thursdays from 1000-1130. Read a story, do a craft and have a snack.

Anger Awareness in Family Systems: This one hour course will focus on identifying the "Cycle of Anger" from its trigger to its outcomes. Understand how anger starts, how it may affect family and gain tools to cope with it in a healthy way.

+ Offered on a monthly basis



Stress Awareness in Family Dynamics: This one hour course will focus on identifying stress, how it may impact family dynamics and effective ways to manage it.

+ Offered on a monthly basis

Effective Communication: This one hour course focuses on general communication skills. Could be beneficial for couples and individuals that are having a hard time communicating in relationships and at work.

+ Offered on a monthly basis



Kids will be Kids: Parenting basics: 1 hour class to provide information on parenting styles, what is "normal" for children, (+) and (-) consequences, and to encourage communication between parent and child.

+ Offered on a monthly basis

Genuine Relationships: This is a 1 hour class. This class is to learn about the Relationship Attachment Model to identify characteristics of difficult partners in dating relationships, define what makes a relationship safe and much more. All ages welcome.

+ Offered on a monthly basis



Car Seat Check Point from 0830-1200 by appointment only.

+ Every 3rd Thursday of the Month

Participation in Bundles of Babies presentation. Discuss Shaken Baby Syndrome, safe sleep and ways to calm a baby. Give up to date information for expecting families.

+ Every 3rd Tuesday of the Month



Love and Logic: 6 module seminar that provides simple and particular techniques to help parents with children of all ages. This is offered over a Four week period of time, classes being 1 hour and 30 minutes long.

+ Offered once a quarter

Active Parenting of teens: This is a 6 module seminar taken over a four week period of time, classes being 2 hour and in length. This class is to provide information for parenting teens and preteens. Could be beneficial for biological parents, step parents, foster parents and adoptive parents.

+ Offered once a quarter



5 roadmaps in Parenting and Divorce: You will learn 5 prevention steps: Step 1. Keep your child out of the middle. Step 2. Allow your child to love both parents. Step 3. Work on your own recovery. Step 4. Develop new communication skills. Step 5. Create a new relationship as co-parents.

+ Offered once a quarter

DADS: Basics: This is a 3 module seminar taken once over a three week period of time, classes being 2 hour in length. This class is to give information and support to fathers who are expecting. This class may be beneficial to fathers who already have children as well to come share their experiences, offer support and receive support.

+ Offered once a quarter



This is a 5 module seminar taken once over a Five week period of time, classes being 1 hour and 30 minutes to 2 hours in length. This class is to teach couples the Relationship Attachment Model (RAM) and how to apply it in their relationship to enhance and better the relationship.

+ Offered once a quarter



Community Board



82 MDOS/FAMILY ADVOCACY

Ms. Tiffany Esparza, FAOM

FREE Car Seat Installations/Checks

13 & 27 April
1500-1800 (3:00pm-6:00pm)
CDC, Bldg. 195
No appointment necessary

Sheppard AFB Family Advocacy Program and Wing Safety!

(940)-676-2271

 fb.me/sheppardfamilyadvocacy




FREE Car Seat Installations/Checks

By appointment only:

19 April, 17 May, or 21 June
Wing Safety, Bldg. 634

Sheppard AFB Family Advocacy Program and Wing Safety!

(940)-676-2271

 fb.me/sheppardfamilyadvocacy



U.S. Air Force

FAMILY ADVOCACY:
Promoting Healthy
Families in the Air Force

Family Nerf Night 2017

DATE:
24 April 2018

TIME:
5:30pm-7:30pm

LOCATION:
MADIGRAL
YOUTH CENTER
Bldg. 196

**BE READY FOR A NIGHT OF FUN!
BRING YOUR OWN NERF TOY TO
FACE OFF AGAINST OTHERS TO SEE
WHO COMES OUT ALIVE.**

For more information
Please contact Family
Advocacy @ 940-676-2271

Sign up on
Better "You"-
niversity





Community Board

82d AMDS/HEALTH PROMOTION

Saralauren Peacock, Registered Dietitian

940-676-6003/5831

Better Body, Better Life Classes

- ❖ Class #1 - April 9
- ❖ Class #2 – April 16
- ❖ Class #3 – April 23
- ❖ Class #4 – April 30



Better Body Better Life

Weight Management Program

Join us for this 4 session program designed to help individuals seeking to lose and maintain their weight & enjoy an overall healthy lifestyle!

New classes start the first Monday of every month at 1330. Classes are located in the Health Promotion Classroom (inside Pitsenbarger Gym, Building 540).

LEARN MORE ABOUT THESE TOPICS

- Nutrient Dense Foods, Portion Sizes, & Emotional Eating
- Sugar, Carbs, Alcohol, Hydration, & Stress
- Fats, Cholesterol, Dining Out, & Dealing with Slips
- Meal Planning, Grocery Shopping, Sleep, & Weight Loss Plateaus
- Ask about our optional class for basic and intermediate exercise classes

FREE Course and is Open to all Active Duty, Retirees, & Family Members.

For more information, contact Saralauren Peacock, MS, RD, LD
940-676-6003 or sara.l.peacock4.ctr@mail.mil



Community Board

82d AMDS/HEALTH PROMOTION Saralauren Peacock, Registered Dietitian 940-676-6003/5831

Confused about what to buy and what to avoid at the grocery store?

Shopping for healthy meals doesn't have to be overwhelming!

GROCERY
STORE TOUR



Join me for a group grocery store tour and you'll discover:

- What to really look for on food labels
- How to separate fact from fiction and avoid hype and fad diets
- If organic matters, and is it worth it?
- What makes super foods super?
- Fun tips for choosing on-the-go snacks that are easy, delicious, and nutritious!
- How to answer the question, "What's for dinner?"

You'll walk away from your tour a savvy shopper with a step-by-step action plan for shopping and eating healthy!



Contact: Saralauren Peacock, MS, RD, LD
to reserve your spot in the tour.

Phone: 940.676.6003

THURSDAY, APRIL 26th@ The Commissary from 1430-1530



Community Board



Reconnection Workshops

Helping Military Families Readjust to Civilian Life



**American
Red Cross**

Join Us

When: April 10, 2018 from 9:00 am-11:00 pm
April 17, 2018 from 9:00 am-11:00 pm

"Communicating Clearly Workshop"

Where: Sheppard AFB 10 April 2018 Building #960 at the FRC
Sheppard AFB 17 April 2018 Building #430 at the CAC
Wichita Falls, Texas 76311

Come participate in a Reconnection Workshop.
Come and join in on this interactive workshop on Communicating Clearly! For Military, Families, Veterans, Educators, and Staff

Please RSVP: Manuel Carrillo at 940-322-8689
Or manuel.carrillo@redcross.org



Community Board

82 AMDS PUBLIC HEALTH

Traveling Out of Country?

**Visit Public Health 6 Weeks Prior to Departure
For Vaccine and Medicines Needed Before Travel
Plus Tips on How to Stay Healthy and Safe!**

Contact us at 940-676-3052/1874.



Community Board

SHEPPARD SPOUSES PAGE



FACEBOOK

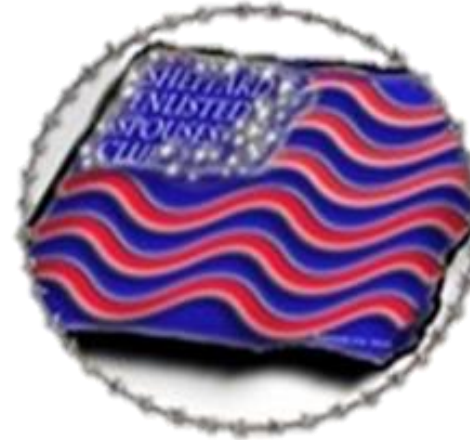
<https://www.facebook.com/SheppardOSC>

WEBSITE

www.sheppardosc.org

EMAIL

soscinfo@gmail.com



FACEBOOK

<https://www.facebook.com/SheppardEnlistedSpousesClub>

WEBSITE

www.sheppardenlistedspousesclub.org

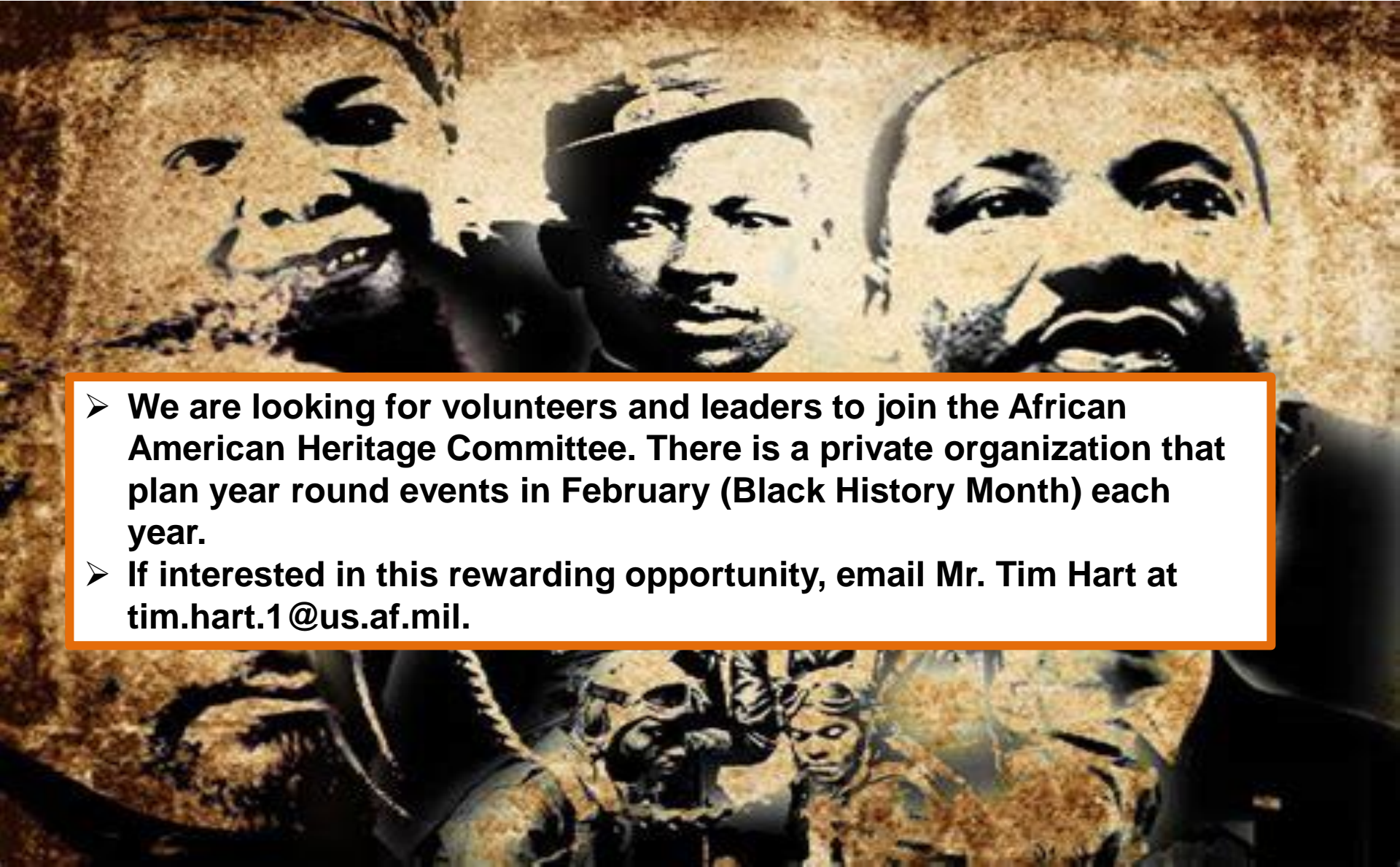
EMAIL

sheppardesc@yahoo.com



Community Board



- 
- A large, textured mural in the background of the slide. It features three prominent faces of African American men at the top, and below them, a scene of African American soldiers in military uniforms, some holding rifles, in a historical setting.
- **We are looking for volunteers and leaders to join the African American Heritage Committee. There is a private organization that plan year round events in February (Black History Month) each year.**
 - **If interested in this rewarding opportunity, email Mr. Tim Hart at tim.hart.1@us.af.mil.**



Community Board



SHEPPARD AFB VETERINARY TREATMENT FACILITY

HOURS OF OPERATION

940-676-6883 • By appointment only; hours subject to change

- **Monday • Clinics and Retail • 0800-1600**
- **Thursday and Friday • Retail Only • 0800-1600**

SERVICES

- **Vaccinations, Heartworm Tests, Fecal Tests, Deworming, microchipping and laboratory testing**

RETAIL

- **We sell many over-the-counter products and preventatives (heartworm, flea and tick.)**

PCSING?

- **We are the subject matter experts on pet international travel and charge a fraction of the cost of only \$37.**

Sheppard AFB VTF is only authorized to provide services to active and retired military personnel.



Community Board



BIG BROTHERS BIG SISTERS

Vicki McCann



Be A Mentor to a Child in our Community.
Bigs are matched with Littles based on similar interests.

- One year commitment
- Meet with your Little at least four hours per month.
- You are supported throughout your match.
- Do fun activities together and just be a friend.



Learn more about our organization: www.bbbstx.org.

Thanks for changing the life of a child.

start something



Community Board



Workforce Solutions North Texas is proud to serve our local military families with a variety of services, including job search assistance, resume writing, interview skills, and a broad spectrum of services and training offered upon eligibility.

- Are you a Veteran?
- A Military Spouse?
- A dependent of an Active Duty member?
- Stationed at Sheppard Air Force Base?
- In search of employment?

Please contact Military Spouse Support Liaison, Heather Santana, at 940-322-1801 ext. 130 or Heather.Santana@ntxworksolutions.org

Veterans and dependents contact our office at 940-322-1801



A proud partner of the [americanjobcenter](#)® network

Workforce Solutions North Texas is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Relay Texas: (800)735-2989 (TDD) or (800)735-2988(Voice) or 711



Community Board

WELCOME TO TEXOMA

Sally Gray, Owner of Welcome to Texoma, has been Welcoming since 2000, friendly welcome in the comfort of your home or office

- Customized welcome basket designed for you!
- Local & State Maps, Phonebook, BBB Catalogue, Museum Pamphlets
- Connecting new residents to areas businesses
- Information about the community and fun things to do
- Welcometotexoma.com





The After Hours Art walk

Held on Thursdays down Town WF from 6-9 and features extended hours for local businesses, free admission to museums and galleries and live music throughout.

Art-walk Dates below:

04.05.18	→	05.03.18
06.07.18	↔	07.05.18
08.02.18	↔	09.06.18
10.04.18		

For more Information Contact:

Ms. Becky Raeke

becky@deasonraekeinsurance.com



Is on Thursdays from 6-9 and features extended hours for local businesses, free admission to museums and galleries and live music throughout. Thank you for your help in spreading the word.



Becky Raeke

becky@deasonraekeinsurance.com